# BRING THIS SHEET WITH YOU TO <u>ALL</u> POST-OPERATIVE APPOINTMENTS.

# Northeast Ohio Eye Surgeons—Eye Drop Summary □LEFT EYE □RIGHT EYE

						С	ataract	Surg	ery							
	ANT to ta mately 5 o use art nay help	ake th minu ificia heali	ne eye di utes betv I tears o ng and r	rops veen r lub educ	for the FU	ILL 2 ent n ops	28 days. nedicatior	ns. d Off	Oxacin  -flox" an Cap)	(W	"Pred" Acetate hite or Pink	9	Prolens (Gray Cap		Br = Brea L =Lunc D =Dinno Bd =Bedt	h er
Begin: Day Before Surgery			Date	e of Surge	ry PO Visit		s DATE		TIME		С	OFFICE		DOCTOR		
						Day 1										
<b>O-flox</b>						Approx	1 wk									
Prolensa	Prolensa O		Approx		1mo											
							ear Eye Shi									
First Week		Sur	gery Day		Day 2		Day 3	Da	y 4		ay 5		Day 6		Day 7	
		Br I	L D Bd	Br	L D Bd	Br	L D Bd	Br L	D Bd	Br L	D Bd	Br	L D Bd	Br	L D Bd	
O-flox	4x/day	0	$\mathbf{c} \cdot \mathbf{c}$	O	$\mathbf{c} \cdot \mathbf{c}$	O	$\circ \circ \circ$	$\circ$	$\mathbf{c}$	00	$\mathbf{c}$	<b>O</b> (	$\mathbf{c} \cdot \mathbf{c}$	<b>O</b>	$\mathbf{c} \cdot \mathbf{c}$	Sto O-flo
Pred	4x/day	<b>O</b> (	$\mathbf{c} \cdot \mathbf{c}$	O	$\mathbf{c} \cdot \mathbf{c}$	0	$\mathbf{c} \cdot \mathbf{c}$	$\circ$	$\mathbf{c}$	00	$\mathbf{c}$	0	$\mathbf{c} \cdot \mathbf{c}$	0	$\mathbf{c} \cdot \mathbf{c}$	
Prolensa	1x/day	O		O		O		O		O		O		$\mathbf{c}$		
2nd Week		Day 8		Day 9		Day 10		Day 11		Day 12		Day 13		Day 14		
No O-flox		Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	2x/day	O	O	O	O	O	O	O	O	O	O	O	O	O	O	
Prolensa	1x/day	O		O		O		$\mathbf{c}$		O		O		O		
3rd Week		Day 15		Day 16		Day 17		Day 18		Day 19		Day 20		Day 21		
		Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	2x/day	0	O	O	O	O	C	O	O	O	•	O	O	O	O	
Prolensa	1x/day	O		O		O		O		O		C		0		
4th Week		Day 22		Day 23		Day 24		Day 25		Day 26		Day 27		Day 28		
		Br	Bd	1	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	2x/day	O	0	O	O	O	O	O	O	O	O	0	0	0	O	
Prolensa	1x/day	0		O		0		O		O		0		0		

## TYPICAL Post-Op SYMPTOMS: You may notice...

Blurry or Hazy Vision for the first several days, but Blurry vision may last for a couple weeks.

Flickering/Reflecting lights or "Fluttering" (Arc-shaped pattern) in your peripheral vision for days to weeks. A Mild Ache for the first few days.

# **ACTIVITIES TO AVOID:**

Avoid Lifting/Pushing anything that causes you to STRAIN for at least 1 (one) week

Avoid Bending/stooping/head positions that causes a "pressure" feeling in your head for 1 (one) week

Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt

No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)

No swimming and Avoid splashing water into eye for 2 weeks

#### **PRECAUTIONS:**

Wear Eye Shield at bedtime for 1 (one) week

Take a shower or bath, but cautiously wash your eyelids — no splashing

Wear sunglasses if light sensitive

Wear eye protection when needed

## **APPROVED ACTIVITES:** You may...

Sleep on either side, but use the eye shield for the first week after surgery

Watch TV, read, or work on computer, etc

Perform most household activities, but minimize "STRAINING" for 1 week

Participate in most exercise routines, except avoid straining to lift/bend for 1 week

Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

# **EYEGLASSES:**

Most, not everyone's, eyeglass prescription changes after cataract surgery.

Patients may have trouble deciding whether they see better with their old glasses or not, especially between your first and second eye. Some will see better without glasses. Some see better using old glasses. A few (very few) patients will prefer to remove one lens. Try each option to determine which method allows you to function best. YOU WILL NOT STRAIN OR HARM EITHER EYE DURING THIS PERIOD.

Many people can function well with Over-the-Counter "Drugstore" readers during this healing period.

Start with **+2.50 READERS** and vary the power up or down to find the one best for you.

You can consider new glasses options typically 1 month after your final surgery.

#### **CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:**

SEVERE PAIN

SIGNIFICANT REDNESS

INCREASED FLOATERS OR FLASHES OF LIGHT - like lightning streaks or flash bulb

SUDDEN LOSS OF VISION

SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

STOW LOCATION 330.928.0201	N KENT LOCATION 330.678.0201	AKRON LOCATION 330.836.8545	AFTER HOURS: 330.475.7385

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#### **DRIVING:**

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.

We ask that you do NOT drive until you discuss with your doctor during one of the postop visits.

If your doctor indicates that you are "legal to drive", we ask that you

- 1) Limit driving to day-time only and familiar areas for at least the first several days,
- 2) Please use YOUR best, safest judgment on whether you are safe to drive.